



Safety Plan

Please complete the sections below that apply to you. You can take this safety plan with you and store it some place the abuser cannot get to it.

Safety During a Violent Incident

- If I decide to leave, I will _____ . (Practice how to get out safely. What doors, windows, elevators, stairwells, or fire escapes would you use?)
- I can keep my purse and car keys ready and put them (location) _____ in order to leave quickly.
- I can tell _____ about the violence and request that she or he call the police if she or he hears suspicious noises coming from my house.
- I can tell _____ a code word to mean to call the police if I text or say it to them.
- I can put emergency numbers in my phone.
- I can teach my children how to use the telephone to contact 911.
- If I have to leave my home, I will go to _____. (Decide this even if you don't think there will be a next time.)
- I can also teach some of these strategies to some or all of my children.
- When I expect we are going to have an argument, I will try to move to a place that is low risk, such as _____. (Try to avoid arguments in the bathroom, garage, kitchen, near weapons, or in rooms without access to an outside door.)
- I will use my judgment and intuition. If the situation is very serious, I can give my partner what he/she wants to calm him/her down. I have to protect myself until I/we are safe.

Safety when Preparing to Leave

- I will keep money, copies of important documents, or keys at _____.
- I can open a P.O. Box and have personal mail and bills sent there.
- I can open a bank account and get a credit card in my name.
- Other things I can do to increase my independence include: _____
- I understand that if I use my cell phone, my abuser may have access to information about me- such as the numbers I call and my location.
- I will check with _____ and _____ to see who would be able to let me stay with them or lend me some money.
- If it is not safe to talk openly, I will use _____ as the code word or to signal to my children that we are leaving, or to my friends or family that we are coming.
- I can take my pet to _____.
- I will sit down and review my safety plan every _____ in order to plan the safest way to leave the residence.
- I will rehearse my escape plan and, as appropriate, practice it with my children.



Items to take when Leaving

Identification	Birth Certificates	Social Security Cards	Credit and Debit Cards
School, vaccine and medical records	Money and Checkbooks	Cellphone and charger	Phone Plan Records
Medication & supplies	Keys	Car registration	Insurance Papers
Public assistance ID/EBT	Medicaid Card	Passport	Immigration Documents
Legal Papers	Items for Children	Sentimental Items	My Safety Plan

If you are an Immigrant or Refugee, you should also Consider Bringing

Immigration Papers- I-94, visa applications, work permits, etc.	Photos of you and your spouse when you were dating.	Your Wedding Invitation	Marriage Certificate
Photos of your Wedding	Love letters, emails or cards from your spouse	Copies of police reports	Medical Records
Photos of injuries	Copy of spouse's birth certificate/social security card/green card or certificate of naturalization	Divorce papers	Evidence to show that you lived with your spouse in the USA.

Safety in my own Home

- Ideas to safely reside in my residence include:
 - I can change the locks on my doors and windows as soon as possible.
 - I can replace wooden doors with steel/metal doors.
 - I can install security systems including additional locks, window bars, poles to wedge against doors, an electronic system, etc.
 - I can purchase rope ladders to be used for escape from second floor windows.
 - I can install smoke detectors and fire extinguishers for each floor of my house/apartment.
 - I can install an outside lighting system that activates when a person is close to the house.
- I will teach my children how to call to me and to call _____ (name of friend, etc.) in the event that my partner takes the children.
- I will tell the people who take care of my children which people have permission to pick up my children and that my abuser is not permitted to do so.
 - The people I will inform about pick-up permission include:
 - _____ (name of school)
 - _____ (name of babysitter)
 - _____ (name of teacher)
 - _____ (name[s] of others)
- I can inform my landlord and neighbors that my partner no longer resides with me and me they should call the police if my abuser is seen near my residence. (Provide them with a picture of the abuser, if possible.)

Safety with an Order of Protection

- I will keep my protection order _____ (location). Always keep it on or near your person. Also, provide it to relevant agencies such as schools, employers, landlords, etc.
- I will give my protection order to police departments in the community where I work, in those communities where I visit friends or family, and in the community where I live.
- There should be county and state registries of protection orders that all police departments can call to confirm a protection order. I can check to make sure that my order is on the registry. The telephone numbers for the county and state registries of protection orders are: _____ (county) and _____ (state).
- I will inform my employer that I have a protection order in effect.
- If my partner destroys my protection order, I can get another copy from the clerk's office.



- If the police do not help, I can contact an advocate or an attorney and file a complaint with the chief of the police department or the sheriff.
- If my partner violates the protection order, I can call the police and report the violation.
- I will document all instances, including dates and times of abuse and or violations of the protection order.

Safety on the Job and in Public

- I can inform my employer to not allow the abuser on property.
- I can ask _____ to help me screen my telephone calls at work.
- When leaving work, I can _____.
- If I have a problem while driving home, I can _____.
- If I use public transit, I can _____.
- I will go to different grocery stores and shopping malls to conduct my business and shop at hours that are different from those I kept when residing with my abuser.
- I can use a different bank and go at hours that are different from those kept when residing with my abuser.

Safety and Technology

- I can ask someone familiar with technology or domestic abuse about ways my partner may monitor me.
- I will use a computer that my abuser does not have access to when I look for help, a new place to live, etc. It might be safest to use a computer at the public library.
- I can ask friends and family to be careful about whom they give my email address to and to use the bcc option when copying me on an email.
- When making or receiving private calls, I will not use a phone that I share with my abuser, because my abuser may have access to records or may have put setting on my phone to track me.
- I will ask the courts, post office and other government agencies how they protect or publish my records and request that they seal or restrict access to my files.
- I will ask an advocate about the Safe at Home Program.

Safety and my Emotional Health

- If I feel down and am thinking about returning to a potentially abusive situation, I can _____.
- When I have to communicate with my partner in person or by telephone, I can _____.
- I can call _____ and _____ for support.

Important Phone Numbers:

- Police/sheriff's department (local) - 911 or _____
- Prosecutor's office _____
- County Clerk's Office _____
- DV/SV Shelter (local) _____
- National Domestic Violence Hotline: 800-799-SAFE (7233) 800-787-3224 (TTY)
- Russell House Hotline: 800-998-8340